

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Breathing Exercise Timer MCP.

Get structured breathing schedules and physiological data instantly.

Breathing Exercise Timer MCP gives your AI client the ability to design specific breathing routines like Box Breathing or the Wim Hof Method. It handles the math for session metrics, provides biological context for each technique, and offers safety adjustments for beginners to ensure a comfortable practice.

A+ Quality Score 100/100

breathing

meditation

wellness

health

relaxation



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Breathing Exercise Timer MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to turn your AI agent into a specialized wellness coach. Instead of just asking for general advice, you can request exact, timed breathing schedules tailored to your specific goals. Whether you want to use the 4-7-8 method for sleep or Box Breathing for focus, the MCP builds the full pattern for you. It doesn't just give you a list of steps; it calculates your breaths per minute and explains how these patterns actually affect your nervous system. If you are new to intense techniques like Wim Hof, the MCP provides specific modifications to keep the practice safe and manageable. It takes the guesswork out of physiological regulation by providing the data behind the breath.

Core Capabilities

01 — Pattern Generation

Your agent uses this to build timed schedules for specific breathing methods.

02 — Metric Calculation

Your agent uses this to determine breaths per minute and session totals.

03 — Biological Context

Your agent uses this to explain how a technique impacts the nervous system.

04 — Safety Adjustments

Your agent uses this to suggest modifications for users with less experience.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/breathing-exercise-timer — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred client like Claude or Cursor via Vinkius.
- 02 Tell your agent which breathing technique you want to use and for how long.
- 03 The agent calls the MCP to generate a specific, timed schedule.
- 04 The agent provides you with the pattern and any relevant physiological insights.

Connecting this MCP to your client gives your agent immediate access to breathing logic and data.

Built For

This MCP is for anyone looking to integrate physiological regulation into their digital workflows or wellness routines.

Wellness Coaches

They hand off the creation of structured breathing schedules to the AI.

Productivity Enthusiasts

They use the AI to generate quick focus or relaxation breaks.

Health Tech Developers

They use the logic to inform how their agents interact with users regarding breathing.

What Changes When You Connect

- | | |
|----|---|
| 01 | Calculates exact breaths per minute for any session. |
| 02 | Provides biological reasoning for different breathing techniques. |
| 03 | Offers safety modifications to prevent discomfort for beginners. |
| 04 | Generates complete, timed schedules for specific methods. |

Real-World Applications

Stress Management

Ask your agent for a 4-7-8 session when you feel overwhelmed to trigger parasympathetic activation.

Beginner Onboarding

Request difficulty modifications when trying advanced methods like Wim Hof for the first time.

Focus Training

Use Box Breathing schedules to prepare for deep work sessions.

Session Analysis

Get a summary of your breathing metrics after a session to understand your pace.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_session_stats	This tool validates and summarizes the specific metrics of a breathing pattern you have generated.
02	get_breathing_pattern	This tool creates a complete, timed breathing schedule based on a technique and your time goal.
03	get_difficulty_modifications	This tool provides specific guidance on how to adjust breathing techniques for beginners.
04	get_physiological_impact	This tool describes the biological benefits and intended effects of a chosen breathing technique.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Create a 5-minute Box Breathing session for me.



Your 5-minute Box Breathing session is ready. It consists of 15 cycles with a pattern of 4s inhale, 4s hold, 4s exhale, and 4s hold. Your rate is 3.75 breaths per minute.

U What are the benefits of the 4-7-8 technique?



The 4-7-8 technique is primarily used for Stress Reduction and targets Parasympathetic Activation with a Low intensity level.

U I am a beginner at Wim Hof breathing. How should I adjust?



For beginners, it is recommended to use reduced hold times. Focus on nasal breathing to ensure safety and comfort.

Frequently Asked Questions

01 What breathing techniques are supported?

The MCP supports techniques like Box Breathing, 4-7-8, and the Wim Hof Method.

02 Can I use this with Claude?

Yes, you can connect this MCP to any MCP-compatible client including Claude, Cursor, and Windsurf.

03 How does it help beginners?

It provides specific difficulty modifications, such as reduced hold times, to ensure a safe experience.

04 Does it provide data on my breathing?

Yes, it can calculate session metrics like breaths per minute for the patterns it generates.

05 Do I need to host this myself?

No, Vinkius hosts and manages the MCP so it is ready to use immediately after connection.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"breathing-exercise-timer": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Breathing Exercise Timer is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Server ID	01a0b510-1818-724c-b5ea-4aef8aab5708
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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